

Evaluation of the TRADOC Standardized PT Program for BCT And Evaluation of the Effectiveness of The Fitness Assessment Program

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Objectives

- **Evaluate fitness, attrition and injury outcomes during implementation of the TRADOC standardized PT program.**
- **Determine effectiveness (fitness, attrition and injury outcomes) of the FAP.**

Groups

- NSG – Non-Standardized PT Group, 1/28th Infantry Regiment, Control Group
- SG – Standardized PT Group, 2/28th Infantry Regiment, Experimental Group

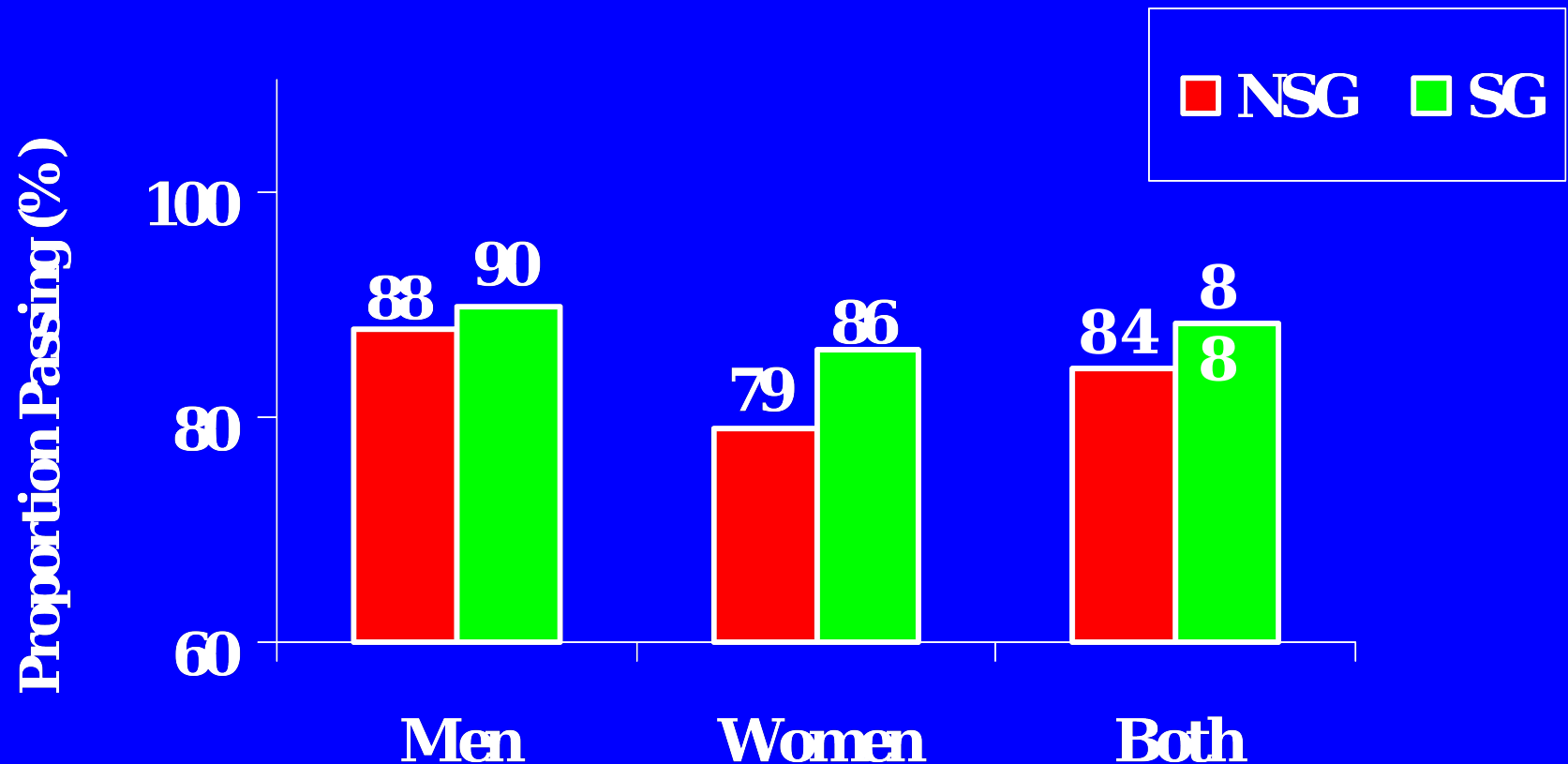
Methods

- **APFT Scores** – Warrior Training Room (WTR)
- **Attrition** - WTR confirmed with:
 - PTRP roster (CPT Fisher, MAJ Werling)
 - APFT Enhancement roster (CPT Bryant)
 - S-1 Discharge summaries
 - S-3 Newstart, PTRPs
- **Injuries** – Defense Medical Surveillance System

Initial Fitness Test Scores (1/1/1)

		PU	SU	Run
Men	NSG	28±11	31±7	8.4±1. 2
	SG	29 ±12	31±7	8.5±1. 5
	p-value	0.09	0.48	0.14
Women	NSG	9 ±8	25±9	10.3±1 .7
	SG	9 ±9	24±9	10.5±1 .6
	p-value	0.39	0.30	0.10

Passing Final APFT (Week 7)



Men: $p=0.31$; Women $p=0.02$; Both $p=0.02$

Final APFT Failures

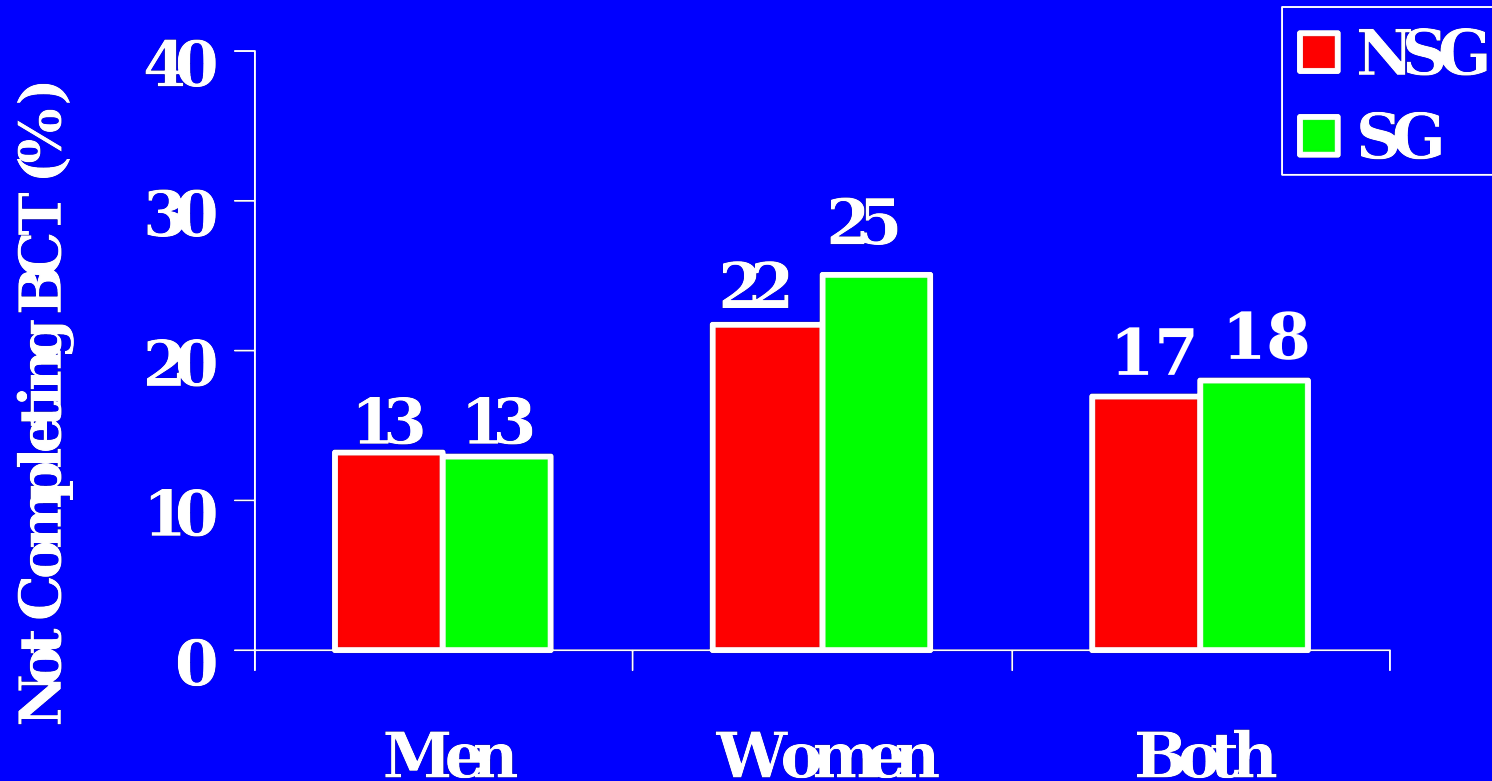


Men $p=0.01$; Women $p=0.52$; Both $p=0.03$

Attrition

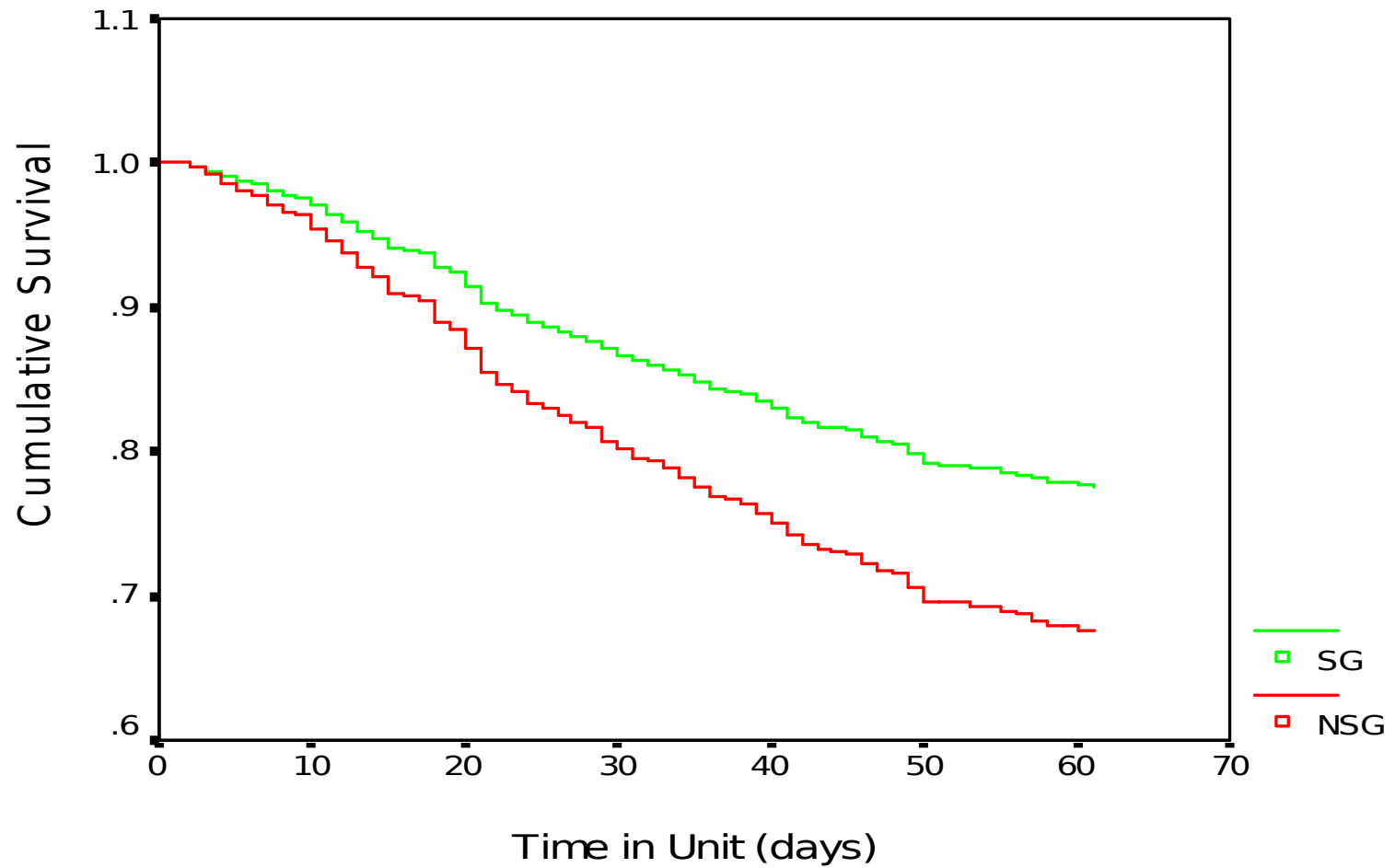
- Did not complete BCT with peers (any reason)
- APFT Failure (APFT Enhancement Program)
- Newstart-out
- Discharge
- PTRP

Trainees Not Completing BCT



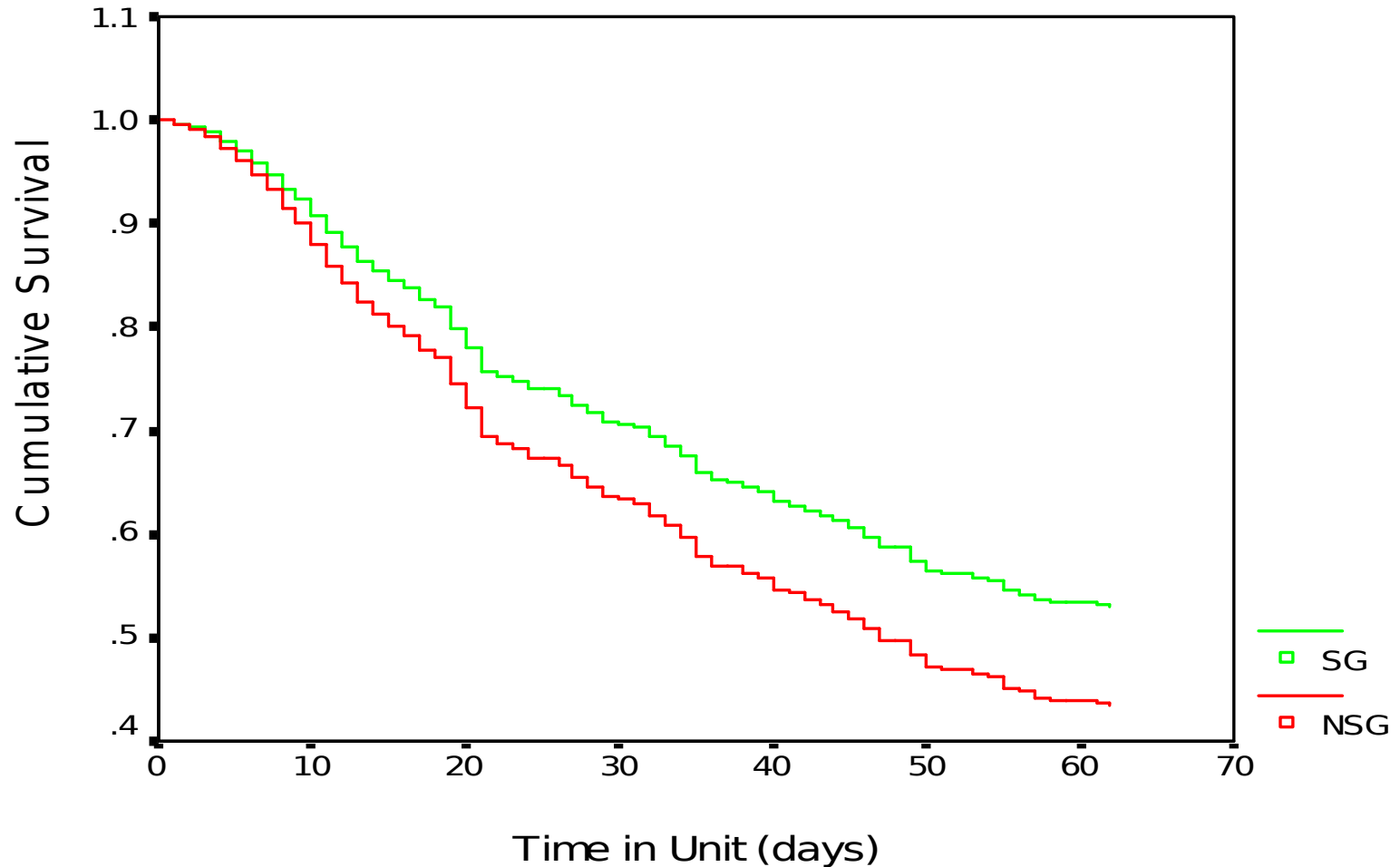
Men $p=0.48$; Women $p=0.28$; Both $p=0.52$

Male Injuries in Standardized and Non-Standardized Groups (Comprehensive Injury Index)



Risk Ratio (NSG/SG)=1.6 (95%CI=1.2-2.0), $p<0.01$

Injuries in Standardized and Non-Standardized Women (Comprehensive Injury Index)



Risk Ratio (NSG/SG)=1.3 (95%CI=1.1-1.6), $p<0.01$

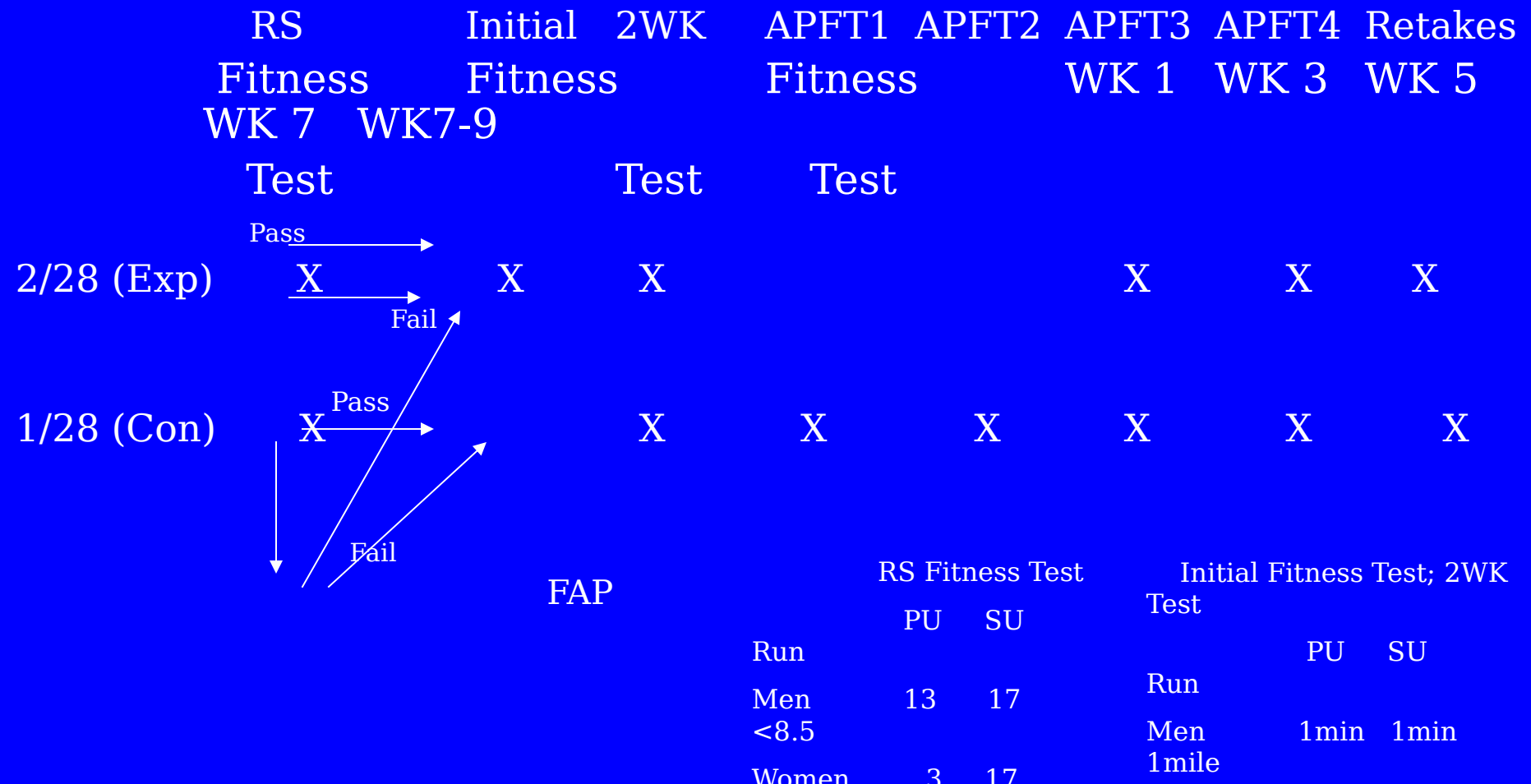
Summary Objective 1

- **Physical Fitness** - The SG had a higher pass rate at Week 7 and after all APFT retakes completed (mainly due to PUs).
- **Attrition** – No differences between SG and NSG.
- **Injury rates** – Lower in SG compared to NSG

Objectives

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Project Overview



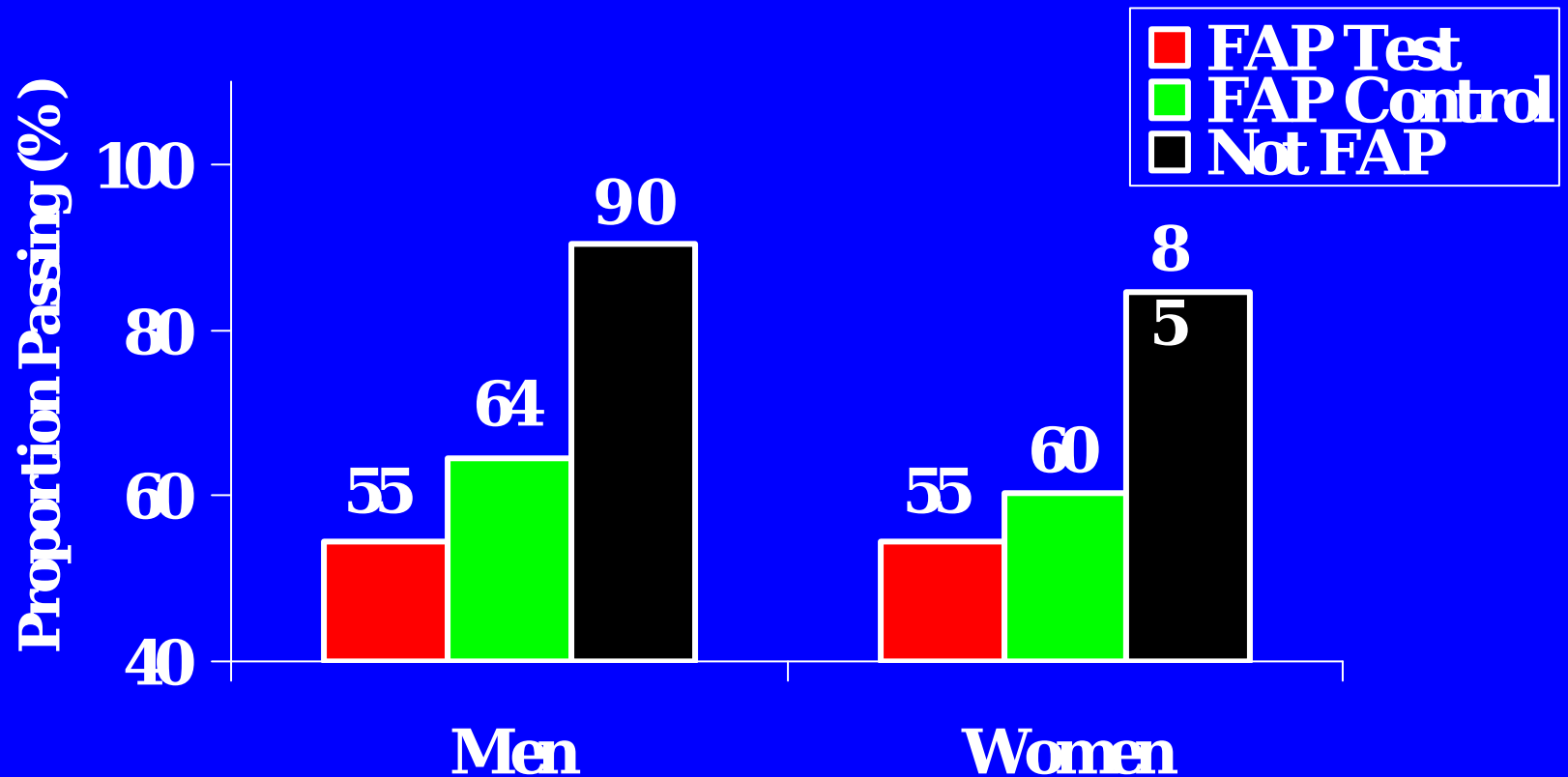
FAP Groups

- FAP Test Group– Failed test, did not go to FAP (n=105)
- FAP Control Group– Failed test, went to FAP (n=158)
- Not FAP Group – Passed Test (n=1809)

Initial Fitness Test Scores (1/1/1)

		PU	SU	Run
Men	FAP Test	18±11	24±8	10.1±1.5
	FAP Cont	21±10	28±5	9.4±1.8
	Not FAP	29±11	31±7	8.3±1.3
	p-value*	0.20	<0.01	0.04
Women	FAP Test	3±6	18±10	11.8±1.6
	* FAP Test vs FAP Control	4±4	22±8	10.8±1.5

Proportion Passing Final APFT (Week 7)



Men: FAP Test vs Control $p=0.42$

Women: FAP Test vs Control $p=0.54$

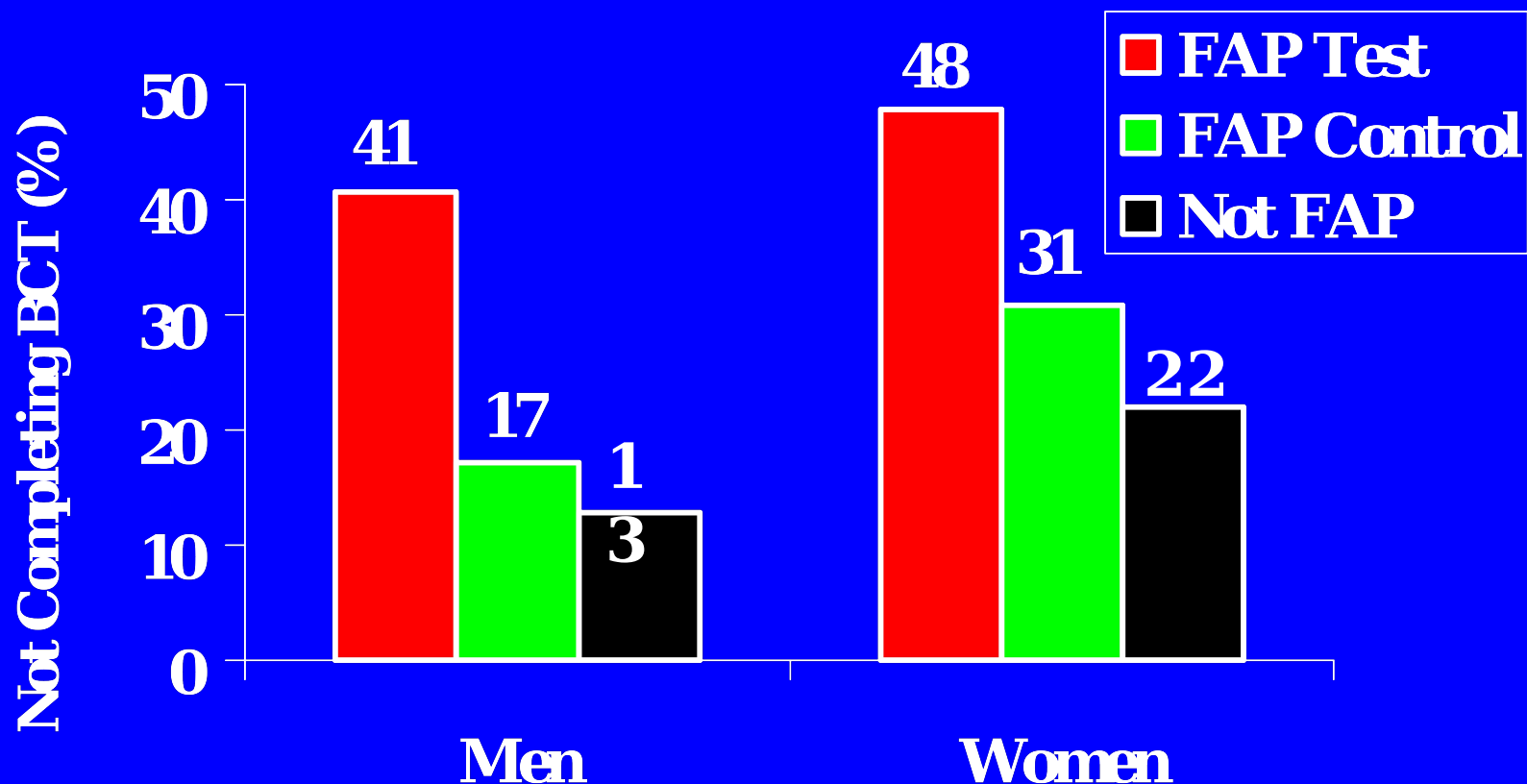
Final APFT Failures (Sent to APFT Enhancement Program)



Men RR (FAP Test/FAP Control)=1.6, p=0.48

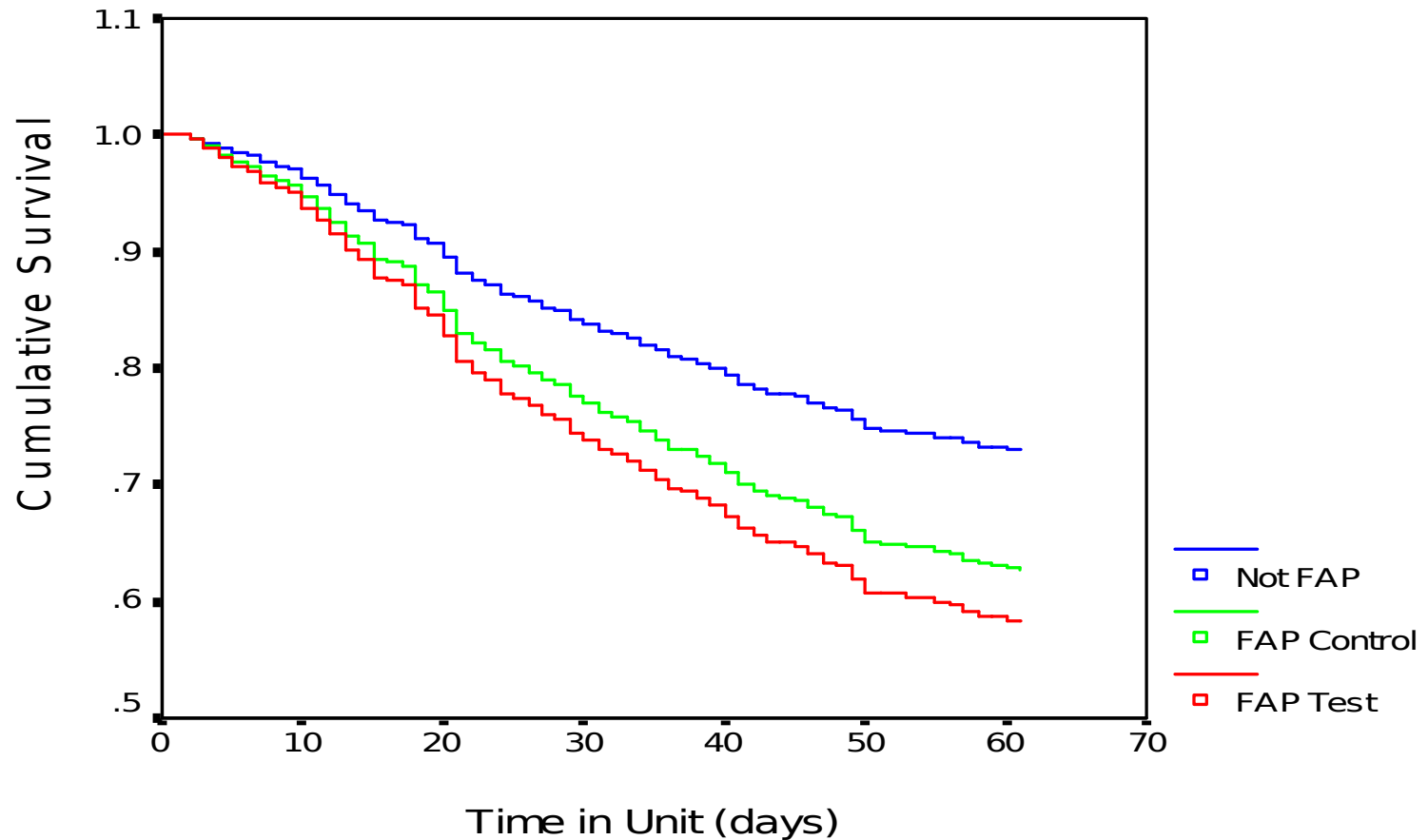
Women RR (FAP Test/FAP Control)=1.3, p=0.61

Trainees Not Completing BCT



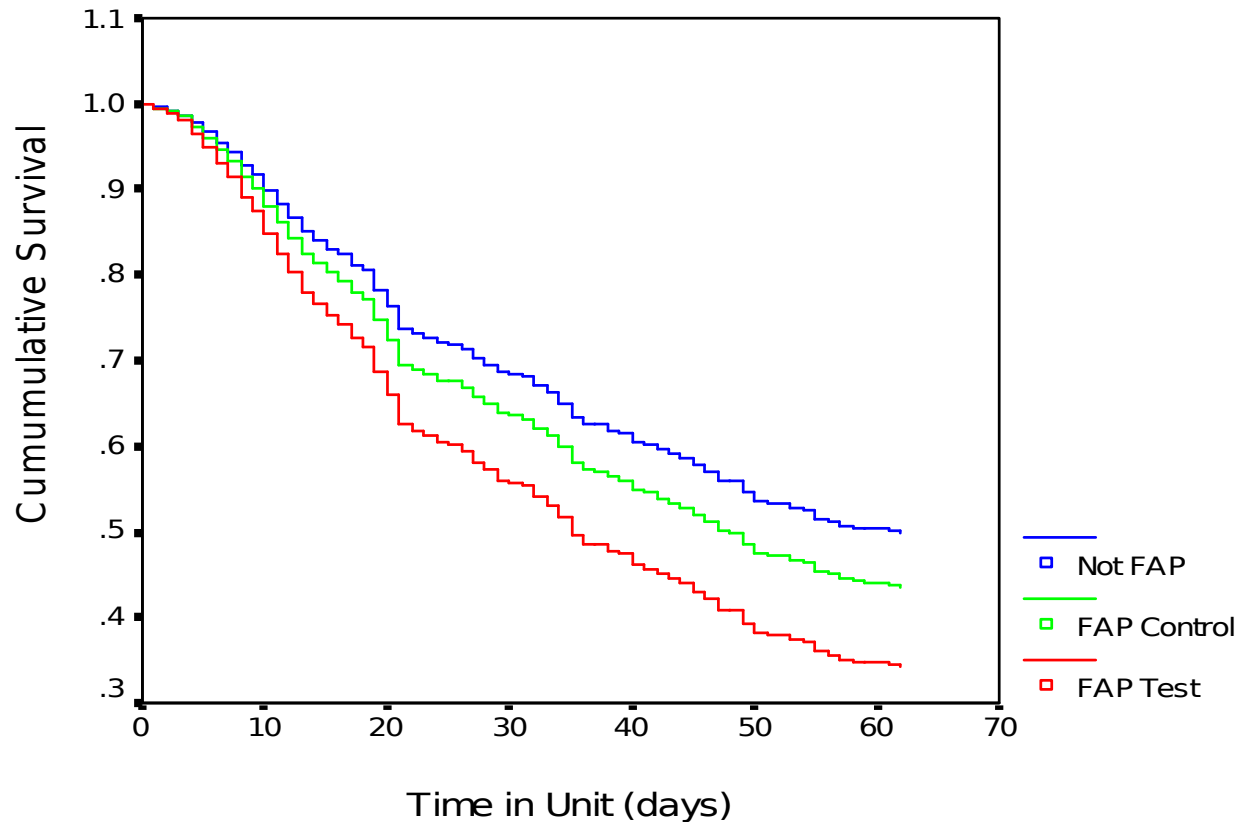
Men RR (FAP Test/FAP Control)=2.4, $p=0.01$
Women RR (FAP Test/FAP Control)=1.5, $p=0.02$

Male Injuries among FAP Test, FAP Control, and Not FAP Groups (Comprehensive Injury Index)



$RR(\text{FAP Test}/\text{FAP Control}) = 1.1 (95\%CI = 0.6-2.3), p = 0.72$

Female Injuries among FAP Test, FAP Control, and Not FAP Groups (Comprehensive Injury Index)



$RR(\text{FAP Test}/\text{FAP Control})=1.3$ (95%CI=0.9-2.0), $p=0.18$

Summary for Objective 2

- **Attrition** was substantially higher for FAP Test trainees compared to FAP Controls for all reasons (discharge, newstart, PTRP, APFT Enhancement Program).
- **Physical Fitness**
 - FAP Control trainees had higher fitness than FAP Test trainees at start of training (SU and run)
 - FAP Test trainees tended to have lower APFT pass rates at Week 7 and after all APFT retakes were completed. More FAP Test trainees attrited by Week 7
- **Injury rates** did not differ significantly between FAP Test and Control trainees but trends indicate lower FAP Control injury rates

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